South Favored by 13 in All-Star Game

Little League Tournament

Fre-Way Little League, the home team, and Torrance Central Little League meet in the first game of District 27 tournament play at 5:30 today. Pacific Coast will oppose Lomita at Fre-Way tomorrow, followed by Torrance National and Harbor City on Friday.

. Cycles To Race 50 Laps

and Vermont Avenue.

Other key entrants include Ray Carroll, Portland; Ralph White, Torrance; Dick Hammer, Lakewood; Mert Law-will, San Francisco; Dan Haaby, Gardena; Roger Rei-Tordondo Tordondo Tordon

Little League



The tournament is unde the direction of Red Mochan district administrator.

One game is also set for Saturday between Dominguez and Victoria Park,
Games will be played both at Fre-Way and North Torrance West Dominguez Field on Monday and Tuesday in the second round.

Flint, Mich. will ride a Hardey.

Dick Mann, who carries the Number Two national tag, will be present. He will ride a BSA.

Gary Nixon, Baltimore, who is making a strong bid for the 1967 championship, has rone of Hollywood — is given a strong chance. Van Leeuwen of Hollywood — is given a strong chance. Van Leeuwen is a special favorite on the five eighths mile course at 183rd and Vermont Avenue.

Other key entrants include Ray Carroll. Portland: Raiph Maralis, and Sulver Spur. They played and Silver Spur ters, Tigers.

Banquet Set

Torrance American Little League will stage an awards The league president is





KEEPING IT IN THE FAMILY ...When Danny Graham of Bishop Montgomery High goes on the field to quarterback the South against the North in the first Catholic Big Brothers football game Thursday night at Long Beach, his high school coach George Swado

will again tutor the passing wizzard. The South is a 13-point favorite in the game Montgomery teammates Ed Gilles, John Sullivan and Charlie Reade will also participate. (Press-Herald Photo)

The team's first game is July 25 against Carson Little League at Dominguez Field.

Lakers Sign Anderson To Contract

Cliff Anderson, 1967 gra uate from Philadelphia's St. banquet in conjunction with Joseph College, has signed a the election of next year's contract with the Los Anboard of directors Friday at South High cafeforium.

"Anderson might be exact-

uard position, and is the de-ensive guard that every

Among the numerous records set at St. Joseph College, Anderson was the first baskethall contender to score 1,000 points prior to his senior year.

He scored 519 points during the bath his sophomore and bath

He scored 519 points during both his sophomore and junior years for an average of 17.9 per game both seasons. In his senior year, Cliff played 26 games, hit for 243 field goals out of 605 attempts, and dunked 204 free throws out of 279 trys.

For his collegiate career, Anderson had a total of 1,728 points for an average of 20.7 per game.

SENIOR WON BY LOMITA

'Lomita won the District 27 Senior Division Little League tournament title Saturday and will compete in the Section 6 playoffs next Monday at Buena Park.

Mike Young pitched L mita to a 2-0 win over Car-son Little League in the district finals, Mike Burch

Bullets had runners on second and third with one away when Bob Fernley grabbed a line drive and turned it into second game, winning 3-0.





ly the man we have been Bonnie Prudden has won

Bent Knee Situp exercises team is seeking," continued These exercises are achieve van Breda Kolff. with the aid of a bowlin with the aid of a bowling ball.



BENT KNEE SITUPS looking for as a 'swing man,' nationwide acclaim for her remarked Laker coach Willem van Breda Kolff.

"At 6'4", he is capable of playing either the forward or playing either the forward or guard position, and is the decusses the Backward Lift and state of the need for physical fitness.

In this segment Bonnie discount of the size and shape of the size and shape of the size and shape of the waist as well. Notice the sit-san Pedro the waist as well. Notice the sit-san Pedro the waist as well.

This position makes it impossible for the seat muscles to help the abdominals pull you to a sitting position. Since they are attached to Since they are attached to the pelvis in the back and the top of the thigh in front, strain in this area could give you a backache. But with the seat muscles "out of it" the abdominals get the workout without back strain.

Clasp the ball between your feet and lie down with knees bent and hands behind your head, Roll up to a sitting position with rounded back and then straighten. Roll down slowly with rounded dominal muscle activity.

The strengthening of the Backward Lift and Bent Knee Sent and hands behind dominal muscles from the down slowly with rounded dominal muscle activity.

The strengthening of the Backward Lift and Bent Knee Sent and hands behind dominal muscle strengthening abdominal muscle activity.

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The strengthening of the Backward Lift and Bent Knee Sent and hands behind down with the course of the second step that the charity group.

Forty of the area's best graduated seniors will meet the charity group.

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Participants a s

Bullets Upset by Red Devils The Torrance Red Devils The Torrance Red Devils Torrance Wild Mustangs moved into the lead of the string to gain a 3-2 win over the Santa Ana Rebels at Torrance Park Friday in a featured South Bay Connie Mack League ball game at Torrance Park Saturday. Bullets Wild Mustangs Chuck Schoendlienst pitched the Wild Mustangs to moratorium has been declared on red-dogging, stunt-lowing only four hits, in the summary of the Catholic League last fall, has been planted at halfback he never should have fooled around at quarterback. Even Ernie Booker, the Fermin Lasuen flash, has been beaten out of a first string backfield spot. To delight the spectators in a game which required only 10 days of practice, a noratorium has been declared on red-dogging, stunt-lowing only four hits, in the

Park Saturday.

Dick Cross scored the winning run on an error.

In the top of the 10th the Bullets bad surveys and Mustangs exploded for all five runs in the fifth inning. ive runs in the fifth inning. Cal Eubanks also limited

South Bay Connie Mack

the charity group.

Graham Put on Display

By HENRY BURKE

Press-Herald Sports Editor Press-Herald Sports Editor
Bolstered by a superb passing attack, the South is a 13point favorite to beat the
North in the first Catholic
Big Brothers football game at
Long Beach Veterans' Stadium Thursday night. Game
time is 8 p.m.
Quarterbacking the South
is Danny Graham who for
the past two years developed
Bishop Montgomery High into a football powerhouse.
Graham is backed by Mater
Dei's Jack Wigmore and Larry

Granam is backed by Mater Del's Jack Wigmore and Larry Diel of Pius X. They will alternate on offense and defensive safety.

Ed Gilles, the hard running back from Montgomery, will be at fullback on offense.

Bruce Rollinson of Mater Del

Bruce Rollinson of Mater Dei and Jim Nash of Mt. Carmel

are the remaining backs.
Starting at offensive guard.
for Montgomery is Charlie
Reade and at defensive end
is John Sullivan of the Knights.

Larry Butler, a tackle from St. John Bosco, and Mike Ponczocha of Pius X, an end on offense and tackle on de-fense, go both ways for the South. Quarterback Diel, the most

valuable player in the Catho-lic League last fall, has been

SOUTH OFFENSE Mike Ponczocha, Pius

Jim Morgan, Mater De

Kevin Grady, Mater D

Lary Butler, St. John

Charlie Raade, Montgo

Bill Gaidis, St. John 1

Going into Friday's games, santa Ana land Gardena Royals were tied for first place in West Coast league play with the Wild Mustangs a haif game behind. Gardena split two games with the Los Angeles Offdimers.

The Mustangs are 8 and 1 in the second half of league play, Gardena is 8 and 2 and some behind of league play, Gardena is 8 and 2 and santa Ana is 7-3.

Slowly bend forward from your may breathe more deeply.

Slowly bend forward from your hips letting all the air out of your lungs. When you get to the bottom of the bend try to force the last vestiges of air out as you lift the ball as high as you can. At first you may "see stars" as very lege of air out as you lift the ball as high as you can. At first you may "see stars" as very lege of air out as you lift the ball as high as you can. At first you may "see stars" as very lege of air out as you lift the ball as high as you can. At first you may "see stars" as very lege of air out as you lift the ball as high as you can. At first you may "see stars" as very lege of air out as you lift the ball as high as you can. At first you may "see stars" as very leave to the post three years the Mustangs have been a power in the Torrance City few people really get rid of all the "dead" air that stays in their lungs. Do eight, slow-life.

BENT KNEE SITUPS

Going into Friday's games, Santa Ana land Gardena Royals, Candena land Gardena as and 1 in the second half of league play with the Wild Mustangs are 8 and 1 in the second half of league play. Gardena is 8 and 2 and 2

The game pits the East In Torrance

versus the West in the third The first annual City-Wide annual test of local high School grid supremacy.

Denise is making personal appearances at service club meetings and other events. Tickets are priced at \$3 for adults and \$1.50 for students.

Graduate from Scatt Vision.

North Long Beach 113 .071 1012

Set .— LE M.C. Bullets 7. Long Beach Blues 2: South Bay 5, Torgrance Red Devils 2: Hawthorne 9. Rorth Long Beach Bug Beach Blues 2: South Bay 5, Torgrance Red Devils 2: Hawthorne 9. Rorth Long Beach O (forfeit) 9. Hawthorne 2: San Fedro 6. Hawthorne 2: San Fedro 8. Hawtho

Registration for the event past two years, the sponsor-ing Torrance group has col-Sports Office at the Torlected more than \$11,000 for rance Recreation Department,